

Patient information

Hand Resting Splints

Occupational Therapy - Therapies Department

When you have arthritis regular 'flare ups' can cause pain, swelling and stiffness in your hands. Recurrent flare ups can cause 'stresses' within your joints which may cause your joints to 'go out of line'.



Hand resting splints are made to:

1. Rest your joints and therefore reduce joint swelling and pain.
2. Maintain joint alignment.
3. Ensure a good resting position in a functional/useful position.

Wearing your hand resting splint

- You should only wear your splint when you are resting.
- Start by wearing your splint during the day for up to thirty-minute periods a maximum of six times a day. As your tolerance increases try to wear your splint in bed at night.

- You may experience increased stiffness in your hand after wearing your splint, to relieve this try soaking your hand in warm water and gently make a fist and straighten your fingers.

If you have two hand resting splints only wear one splint at a time.

Precautions

Remove the splint if you notice any of the following in your hand:

- You have any skin colour changes.
- Pins and needles or numbness.
- Excessive swelling.
- Severe pain.
- Soreness caused by the splint rubbing.
- Red marks on the skin.

Care of your splint

- Wash in **lukewarm** soapy water.
- Do not leave in direct sunlight or by a radiator as this may cause the splint to soften or change shape.

Contact your occupational therapist if your splint no longer seems to fit or it needs replacing.

Occupational therapy aims to enhance your quality of life by:

1. Assessing and providing practical solutions to problems encountered during daily living activities and work.
2. Assessing your home and work environment and recommending equipment/adaptations to restore your independence.
3. Assessing your upper limb function to determine if splints or joint replacement surgery would be of benefit.
4. Making splints to rest/protect your joints and to assist useful movements.
5. Educating you in joint protection/pain management/energy conservation and relaxation techniques.
6. Liaise on your behalf with other professional organisations, e.g. chiropody, housing, home help, doctors.
7. Providing support and advice when problems arise.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

Occupational Therapy Service

Royal and Broadgreen Hospitals

Tel: 0151 706 2760

Text phone number: 18001 0151 706 2760

Aintree Hospital

Tel: 0151 529 8047

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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